

Subject: GREAT AMERICAN SMOKEOUT DAY

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PRECEDENCE TO: PRIORITY DTG: 032129Z NOV 09  
PRECEDENCE CC: PRIORITY  
TYPE: DMS SIGNED/ENCRYPTED  
FROM PLA: BUMED WASHINGTON DC  
FROM D/N: C:US,O:U.S. Government,OU:DoD,OU:NAVY,OU:ORGANIZATIONS(uc),  
L:DISTRICT OF COLUMBIA,L:WASHINGTON,OU:BUMED WASHINGTON  
DC(uc)  
SUBJECT: GREAT AMERICAN SMOKEOUT DAY  
TEXT:  
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FM BUMED WASHINGTON DC//M09B1//  
TO AIG 7783  
AIG 6947  
AIG 11250  
AIG 11251  
INFO CNO WASHINGTON DC//N0931//  
CMC WASHINGTON DC/HS//MRS//  
BUMED WASHINGTON DC//00/09/M3B3//  
BT UNCLAS //N06100//  
PASS TO ALL MEDICAL COMMANDS, SHIPS FLEETWIDE, AVIATION COMMANDS, SHORE  
ACTIVITIES, NAVY HEALTH PROMOTION WELLNESS DIRECTORS AND COORDINATORS,  
AND  
SEMPER FIT COORDINATORS MSGID/GENADMIN/BUMED WASHINGTON DC/M3F/NOV09//  
SUBJ/GREAT AMERICAN SMOKEOUT DAY// REF/A/DOC/CNO WASHINGTON  
DC/25FEB1992//  
REF/B/DOC/BUMED WASHINGTON DC/06JAN1992// NARR/REF A, OPNAVINST 6100.2,  
AND  
REF B, BUMEDINST 6110.13, PERTAIN TO HEALTH PROMOTION WELLNESS PROGRAM  
POC/DR. MARK LONG/PROGRAM  
MANAGER/NMCPHC/LOC:  
PORTSMOUTH VA /TEL: COM 757-953-0959/TELFAX: 0668/TEL: DSN 377  
/EMAIL:MARK.LONG@MED.NAVY.MIL// RMKS/1. THE GREAT AMERICAN SMOKE OUT  
DAY IS SCHEDULED FOR THURSDAY NOVEMBER 19, 2009. THIS ANNUAL CAMPAIGN  
HAS SUCCESSFULLY HELPED AMERICANS QUIT SMOKING AND CONTINUES TO SHIFT  
VIEWS ABOUT TOBACCO USE IN THE COUNTRY. OUR GOAL IS TO HELP EVERY  
SAILOR, MARINE, FAMILY MEMBER, RESERVIST, RETIREE, AND CIVILIAN  
EMPLOYEE TO BECOME TOBACCO FREE.  
2. TOBACCO USE IS THE CHIEF AVOIDABLE CAUSE OF PREVENTABLE DEATH IN  
THIS COUNTRY. QUITTING SMOKING IS THE SINGLE BEST THING A PERSON CAN  
DO TO IMPROVE THEIR HEALTH. TOBACCO USE IS ASSOCIATED WITH NUMEROUS  
NEGATIVE HEALTH EFFECTS - MORE ILLNESSES, MORE LOST DAYS TO SICKNESS,  
LONGER TIMES TO HEAL, AND POOR NIGHT VISION. TOBACCO USE INCREASES OUR  
HEALTHCARE SYSTEM EXPENSES AND ADVERSELY AFFECTS THE MISSION READINESS  
OF OUR SAILORS AND MARINES.  
3. MOST SMOKERS AND TOBACCO USERS WANT TO QUIT. NOW IS AN EXCELLENT  
TIME TO ENCOURAGE INDIVIDUALS TO QUIT SMOKING AND TO STOP USING  
SMOKELESS TOBACCO AND OTHER TOBACCO PRODUCTS. PROVIDING ENCOURAGEMENT,  
SUPPORT AND ASSISTANCE TO YOUR FRIENDS, FAMILY, SHIPMATES AND PATIENTS  
IS THE RIGHT THING TO DO. EFFECTIVE TREATMENTS TO ADDRESS NICOTINE  
DEPENDENCE ARE AVAILABLE AT THE MEDICAL TREATMENT FACILITY.

4. NAVY LEADERS ARE URGED TO PROMOTE A TOBACCO FREE LIFESTYLE.  
5. PARTICIPATION IN THE GREAT AMERICAN SMOKE OUT DAY AT YOUR COMMAND IS ENCOURAGED. FREE RESOURCES ARE AVAILABLE THROUGH THE AMERICAN CANCER SOCIETY AT  
[HTTP://WWW.CANCER.ORG/DOCROOT/SUBSITE/GREATAMERICANS/SMOKEOUT.ASP](http://WWW.CANCER.ORG/DOCROOT/SUBSITE/GREATAMERICANS/SMOKEOUT.ASP);  
THROUGH THE NAVY AND MARINE CORPS PUBLIC HEALTH CENTER AT  
[HTTP://WWW-NMCPHC.MED.NAVY.MIL/HEALTHY\\_LIVING/TOBACCO\\_CESSATION/TOBACCO\\_AWARE.ASPX](http://WWW-NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING/TOBACCO_CESSATION/TOBACCO_AWARE.ASPX); AND THROUGH THE DOD QUIT TOBACCO MAKE EVERYONE PROUD CAMPAIGN AT [HTTP://WWW.UCANQUIT2.ORG](http://WWW.UCANQUIT2.ORG). POINT OF CONTACT IS DR. MARK LONG, NAVY AND MARINE CORPS PUBLIC HEALTH CENTER, DSN 377-0959, MARK.LONG@MED.NAVY.MIL.  
7. RELEASED BY VADM A. M. ROBINSON, JR., SURGEON GENERAL OF THE NAVY.// BT

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PROFILED DISSEMINEEES:

OIX-DHN(UC) @ OIX @ DA ACC COMPONENTS @ WASHINGTON DC @ CONUS @ ORGANIZATIONS (TO)  
CNONTS(UC) @ DA ACC COMPONENTS(UC) @ WASHINGTON DC @ CONUS @ ORGANIZATIONS @  
ARMY (TO) DMSFORNOV03@PTSC.PENTAGON.MIL (CC) NAVY-HQ-NAVSTAT@NAVY.MIL (CC)  
M09B172-MSG@MED.NAVY.MIL (CC) M09BB13.MSGS@MED.NAVY.MIL (CC)  
NAVY-HQ-BUMEDN93@NAVY.MIL (CC) NAVY-HQ-N095ACTION@AJCC.NAVY.MIL (CC)  
NAVY-HQ-N095ACTION@NAVY.MIL (CC) NAVY-HQ-N09\_ACT@AJCC.NAVY.MIL (CC)  
NAVY-HQ-N09\_ACT@NAVY.MIL (CC) NAVY-HQ-N12MESSAGES@AJCC.NAVY.MIL (CC)  
NAVY-HQ-N12MESSAGES@NAVY.MIL (CC) NAVY-HQ-N130MESSAGES@AJCC.NAVY.MIL (CC)  
NAVY-HQ-N130MESSAGES@NAVY.MIL (CC) NAVY-HQ-N3N5NCCINFO@AJCC.NAVY.MIL (CC)  
NAVY-HQ-N3N5NCCINFO@NAVY.MIL (CC) NAVY-HQ-N41MESSAGES@AJCC.NAVY.MIL (CC)  
NAVY-HQ-N41MESSAGES@NAVY.MIL (CC) NAVY-HQ-N46MESSAGES@AJCC.NAVY.MIL (CC)  
NAVY-HQ-N46MESSAGES@NAVY.MIL (CC) NAVY-HQ-N4MESSAGES@AJCC.NAVY.MIL (CC)  
NAVY-HQ-N4MESSAGES@NAVY.MIL (CC) NAVY-HQ-N61/N62MESSAGES@NAVY.MIL (CC)  
NAVY-HQ-N61ACTION@NAVY.MIL (CC) NAVY-HQ-N61GACTION@AJCC.NAVY.MIL (CC)  
NAVY-HQ-N61GACTION@NAVY.MIL (CC) NAVY-HQ-N62MESSAGES@NAVY.MIL (CC)  
NAVY-HQ-N6MESSAGES@NAVY.MIL (CC) NAVY-HQ-N8ADMIN@NAVY.MIL (CC) DA ID: 5428241  
MTSID: c=US;a=DMS;p=GOV+DMS+NIPR;l=AVTAYZ36-091103212959Z-36074  
SIGNED BY: C:US,O:U.S. Government,OU:DoD,OU:NAVY,  
OU:ORGANIZATIONS(uc),L:DISTRICT OF COLUMBIA,  
L:WASHINGTON,OU:BUMED WASHINGTON DC(uc) \*\*\* VALIDATED  
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MESSAGE TYPE: OTHERORG

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